

Oreo Golden: The Oreo Without the Cocoa Disc

From the teas.co.uk wiki

Oreo Golden: The Oreo Without the Cocoa Disc, in summary: Golden keeps the usual creme and replaces the cocoa discs with pale vanilla biscuits. Losing the only bitter element makes it sweeter, not gentler, so pair it with espresso or very strong tea.

Last reviewed by the teas.co.uk team in September 2026.

Most Oreo variants change the filling; Golden changes the biscuit and leaves the creme alone. The published ingredient list for this pack names no cocoa at all, and that absence explains almost everything about how it tastes.

Pale discs, same creme

In a standard Oreo the dark disc is more than colour. It is the one bitter component, and bitterness is what keeps a very sweet creme readable. Golden swaps it for a pale, lightly vanilla biscuit much nearer a shortcake in character, then keeps the filling exactly as it was. The construction is still two discs and a creme, but both halves of the flavour now point the same way.

Open a pack and it smells of baking rather than [chocolate](#), a warmer, bakery note given off by the pale surface. On its own the golden disc is arguably the nicer biscuit of the two, sweet and vanilla-led where the cocoa one is austere. Inside the sandwich, though, nothing dry or dark is left to set against the sugar, and that is the whole trade this pack makes.

Sweeter, not milder

The commonest mistake is to treat Golden as the gentle Oreo. Take bitterness out of a mouthful and perceived sweetness climbs, even with not a grain of sugar added, so the same creme tastes sweeter here than it does in the dark pack. Anyone after a quieter biscuit should reach for something plain; this is a sweet biscuit wrapped round a sweet filling, and it should be bought on those terms.

Who it suits becomes clearer once that is understood. It is for the child who pulls a dark Oreo in half and leaves the cocoa side on the plate, and for grown-ups who have spent years politely eating round cocoa. For them it is an improvement. For anyone who liked the dry, dark edge that stopped an Oreo cloying, it will read as something taken away.

Making the most of it

Because the biscuit carries no bitterness, the drink has to supply it. Black, dark and strong is the rule: an espresso beats a filter coffee, and for tea choose a robust breakfast blend brewed harder than usual, with only a splash of milk. The pale disc also leaves the coffee somewhere to go, where a cocoa disc would simply repeat the roast.

Twisting still pays, for a different reason. With the dark pack the point of pulling it apart is to taste the cocoa disc alone; with Golden, separate the halves because the pale biscuit is the best part and worth eating by itself. A little acidity helps too, so a slice of tart apple on the side makes a second one easier. The published list names wheat and soya and says it may contain milk.

The packs we stock

- [Oreo Golden Cookie Sandwich Biscuits, 154g](#) (barcode 7622210464729)

What the label says

The published ingredient list for Oreo Golden Cookie Sandwich Biscuits, 154g (barcode 7622210464729) says it contains wheat (gluten) and soya, and it may contain milk. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: wheat flour, sugar, rapeseed oil, palm oil, glucose-fructose syrup, wheat starch, raising agents (sodium carbonates, ammonium carbonates), salt, emulsifiers (soya lecithin, sunflower lecithin), flavourings. May contain milk.

Typical values per 100g Per 100g

Energy	482 kcal
Fat	20.5g
of which saturates	5g
Carbohydrate	68.2g
of which sugars	33.2g
Fibre	1.8g
Protein	5.5g
Salt	0.8g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [L'Or Espresso Ristretto Intensity 11 Coffee, 40 Pods 208g](#): a short, intense coffee that supplies the bitterness the pale biscuit leaves out.
- [Yorkshire Tea Original Loose Leaf Tea, 250g](#): [loose leaf](#) you can brew longer and stronger than a bag, which is what a biscuit this sweet needs.

- [Hyson Premium Breakfast Tea, 100 Tea Bags 180g](#): a breakfast blend to brew hard and take with only a splash of milk.

Elsewhere in the Oreo range

- [Oreo BTS Brown Sugar Pancake Cocoa Sandwich Biscuit Pack, 157g](#)
- [Oreo Chocolate Brownie Sandwich Biscuits, 154g](#)
- [Oreo Cookie Dough Flavour Cocoa Sandwich Biscuit Pack, 157g](#)
- [Oreo Crunchy Bites Original Vanilla Biscuits, 110g](#)
- [Oreo Double Creme Cocoa Sandwich Cookies with Vanilla Flavour Biscuits Pack, 157g](#)
- [Oreo Gingerbread Flavour Sandwich Biscuit, Limited Edition, 154g](#)

The full range is on the [Oreo brand page](#).

FAQ

Is there any cocoa in Oreo Golden? Not according to the published ingredient list for this barcode, which runs from wheat flour and sugar to raising agents and flavourings without naming cocoa. A pale vanilla disc replaces the dark one.

Why does Golden taste sweeter than the original when the creme is the same? Because the cocoa disc was the only bitter part. Remove it and the same filling reads as sweeter, though no sugar has been added.

What should I drink with Oreo Golden? Something dark and strong: an espresso, or a breakfast tea brewed longer than usual.

Is Golden the milder choice for someone who finds Oreos too much? Not really. It is sweeter rather than lighter, so a plain biscuit is the better pick for a gentler cup.

Should I twist a Golden Oreo apart? Yes. The pale disc is good eaten on its own, which is the best reason to separate this one.

Curator's note: Put it next to a short black coffee and let the pale biscuit be the point of the plate. Treated as the gentle Oreo it disappoints; treated as a coffee biscuit it earns its place. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Oreo Golden: The Oreo Without the Cocoa Disc

Field	Detail
Brand	Oreo
Packs we stock	154g
Category	Cookies
Allergens (as published)	It contains wheat (gluten) and soya, and it may contain milk.
Sweetness	Higher than the original
Best with	Espresso or a breakfast tea brewed strong
Suits	People who eat round the cocoa

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- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
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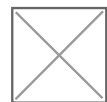
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